

How to spot water imposters

Try to get your nutrients from foods. Not drinks.

Nutrition Facts

Serving Size 12 fl oz (360mL)
Servings Per Container 2

Amount Per Serving

Calories 0

% Daily Value*

Total Fat 0 0%

Total Carbohydrate 0 0%

Sugar 0 0%

Sodium 0 0%

Protein 0 0%

Check the calories

Real water has zero calories.

Watch out for sugar

Some so-called waters have sugar or other sweeteners.

Look for sodium

Make sure you're not consuming more than 2,400 milligrams a day.

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